AVATAR GROVE
CANADA'S 'GNARLIEST' TREE MAY BRING TOURISM BOOM {page 9}

JUSTIN TIME
TIMBERLAKE TACKLES AGING IN NEW FILM {page 7}

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Jump. For Jackson

▶ Performers get a jump start on Cirque du soleil's Michael Jackson The Immortal World Tour, which hits the MTS Centre tonight and runs until Thursday. Tickets are available at Ticketmaster.

CONTRIBUTED

Up in the air in anticipation

We Day lineup to include Juno winners, Al Gore and more

▶ But we can't tell you who just yet ▶ Find out at 10:15 a.m. who is on the list ▶ Founder says We Day is every day

ELISHA DACEY
@METRONEWS.CA

The list of participants in Winnipeg's first-ever We Day includes a former prime minister, Juno-award-winning musicians and groups, Canadian heroes and athletes, sensational motivational speakers, an American actress and a local teen activist Winnipeggers will recognize immediately.

The full list will be announced this morning as several performers and speakers will join the already-announced former U.S. vice-president Al Gore at the MTS Centre on We Day on Nov. 23.

The movement was co-founded by Craig and Marc Kielburger, who started the charity Free The Children.

Craig Kielburger said the event is more than a one-time inspirational challenge. We Day encourages youth to actively make the world a better place by volunteering their time in a local cause and a global cause during the year.

"We actually track this," said Kielburger while on his way to Winnipeg, adding past We Days across Canada have resulted in 1.7 million hours of volunteerism from Canadian youth.

The actual event takes all day, but things move along at a quick clip, said Kielburger. "It's fun, it's fast, no one speaker has more than 10 minutes, and the kids have a seat, but they rarely sit."

"We plan to make this an annual event in Winnipeg," added Kielburger. Past events have been held in Toronto, Vancouver, Montreal and Waterloo.

About 16,000 students and their teachers are expected to attend We Day in Winnipeg. For more information, visit weday.com.

The full list of speakers and performers will be up at 10:15 a.m. at metronews.ca/winnipeg

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Journey. To Churchill

▶ Margaret Redmond, CEO of Assiniboine Park Conservancy, left, and APC director Polly Craik unveil an artist's rendering of the foyer for the coming Journey to Churchill project at the Assiniboine Zoo. The Richardson Foundation stepped up with a $5-million donation for the development. See the full story at metronews.ca/winnipeg.

JAMES TURNER/METRO

Getting down to the bear essentials

Blaze sweeps through Logan Avenue building

JENNA CUMBERS/FOR METRO

▶ The cleanup continues after a Logan Avenue building was heavily damaged by fire yesterday.

Logan Avenue between Main and King streets was closed yesterday morning as firefighters cleaned up the rubble left after a building collapsed.

The building, located in the 200 block of Logan Avenue, partially caved in after a fire broke out at about 3 a.m, spilling debris onto the street. Winnipeg Police say a woman was sent to hospital with non-life threatening injuries.

The cleanup continues and investigators are looking into the cause of the blaze.

Workers at the Winnipeg Regional Health Authority next door were told not to come in to work yesterday.

There is no word on a damage estimate.

METRO

Police launch probe of major West End fire

JENNA CUMBERS/FOR METRO

▶ Residents of this West End home managed to escape the blaze.

Winnipeg police have released little information about a fire that caused serious damage to a West End home.

Police say the fire broke out at about 2:10 a.m. yesterday and gutted the structure.

Severe smoke and fire damage can be seen from the outside, especially on the two upper storeys of the older home.

Damage appeared to have been contained to the home and did not spread to neighbouring houses.

Four residents of the home escaped the blaze to safety.

There was no immediate word on a damage estimate or the cause of the blaze.

The Major Crimes Unit has launched an investigation.

Anyone with information is asked to call police.

METRO

Gun cache seized at rural home

A man faces charges after RCMP confiscated numerous firearms at a home in rural Manitoba.

In an operation that involved several departments and teams, police burst into a home on Sunday in the Rural Municipality of La Broquerie and spent three days combing the house and surrounding property.

In their search, they came up with 49 firearms, including several that are illegal.

James Anthony Rush, 37, has been arrested and is in custody. He has faced illegal weapons charges in the past.

METRO

What police found, among other weapons:

- Two illegal handguns with obliterated serial numbers
- One illegal semi-automatic assault rifle
- Four non-restricted rifles
- Two pellet handguns
- Two pellet rifles
- Several high-capacity magazines
- Thousands of rounds of ammunition

METRO

1 news

PETA has filed a lawsuit that accuses SeaWorld of keeping whales in conditions that violate the U.S. ban on slavery. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Rescuers in Turkey pull a living, breathing newborn baby from the rubble of a building destroyed by the earthquake. Video at metronews.ca/video.

Follow us on Twitter @metrowinnipeg

Bill targets gun-registry records

RCMP has found registration a useful tool for police **Liberal MP accuses Tories of ignoring common sense**

Records of the shotguns and rifles owned by Canadians would be destroyed under legislation introduced yesterday to scrap the long-gun registry — preventing provincial or future federal governments from making use of the information.

The majority Conservative government unfurled a long-promised bill yesterday to scrap the registration of long guns and permanently delete more than seven million files on gun ownership.

Police, health and victims' groups immediately voiced their opposition, while anglers and hunters welcomed plans for the registry's demise.

The Tories argue the registration of long guns is wasteful and unnecessary, although they support the licensing of gun owners and the registration of prohibited and restricted weapons like handguns.

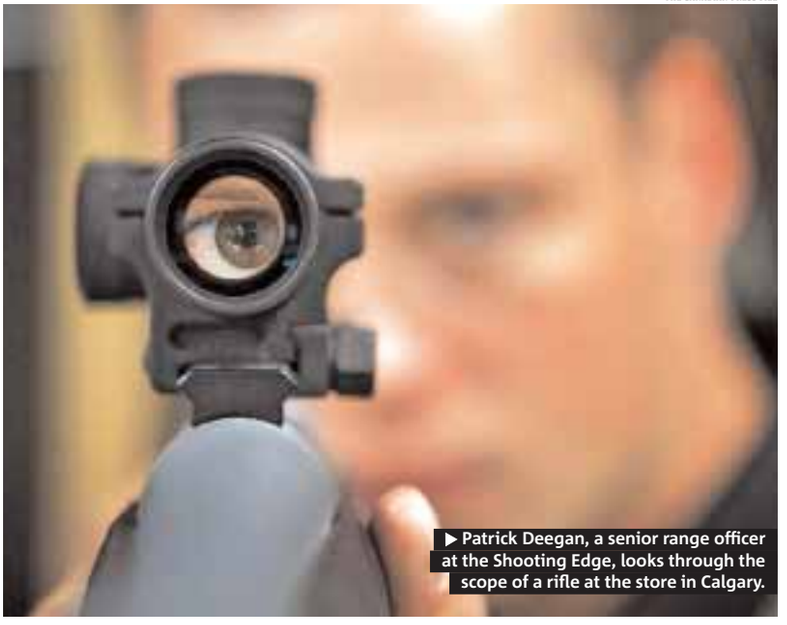
"No law can prevent all tragedies. But a gun-control law, which includes registration and is rigorously implemented, makes it harder – not easier – for dangerous people to get firearms."
ACTIVIST PRISCILLA DE VILLIERS, WHOSE DAUGHTER, NINA, WAS ABDUCTED AND KILLED WITH A LEGALLY-OWNED RIFLE

"We don't want laws that target law-abiding citizens, hunters and sports shooters. We want laws that focus on the criminal and those who use firearms illegally," said Public Safety Minister Vic Toews, who joined Conservative colleagues in announcing the bill at a farm near Ottawa.

Toews has said that the more than $1 billion spent on the registry would have been better spent putting police officers on the street.

There are hints that some provinces — namely Quebec and Ontario — might begin registering long guns if the federal legislation succeeds. But they would have to start from scratch.
THE CANADIAN PRESS

THE CANADIAN PRESS FILE



▶ Patrick Deegan, a senior range officer at the Shooting Edge, looks through the scope of a rifle at the store in Calgary.

Free Osteoporosis Information Session

"Sticks and Stones May Break Your Bones..."
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Wednesday, November 2, 2011
7:00 – 8:30 p.m. (Doors open at 6:30 p.m.)
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Join Dr. Richard Boroditsky, Professor, Department of Obstetrics, Gynaecology, and Reproductive Sciences, at the University of Manitoba and Medical Director, Mature Woman's Centre Victoria General Hospital, for an evening of conversation, questions and answers about good bone health and osteoporosis, *especially for women 40-65 approaching, or in, menopause.* Because midlife hormone changes affect far more than your monthly cycle. Your bones are at risk and now is the time to do something about it!

Preregistration not required. First come, first seated.
Coffee and tea will be served.

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Video of bodies shown in honour-killings trial

SEAN KILPATRICK/THE CANADIAN PRESS

▶ Mohammad Shafia walks in front of his son, Hamed, as they are escorted to the courtroom at the Frontenac County Courthouse on Oct. 20.

Jurors at a so-called honour-killings trial in Kingston, Ont., were shown underwater video yesterday of the bodies of three teenage sisters and a relative submerged in a car in an eastern Ontario canal.

A police camera captured the footage of the bodies of the Montreal residents in a Nissan Sentra in the Kingston Mills locks two years ago.

The Crown has alleged Zainab, 19, Sahar, 17, and Geeti Shafia, 13, were killed along with their father's first wife, Rona Amir Mohammad, 52, in a crash staged to look like an accident.

The teens' parents — Mohammad Shafia, 58, and Tooba Mohammad Yahya, 41, and their brother, Hamed, 20, are each charged with four counts of first-degree murder in the deaths. Const. Glenn Newell also said it appeared the victims hadn't tried to get out of the vehicle. THE CANADIAN PRESS

Canadian WWI soldier laid to rest

The remains of a Canadian soldier who died near the end of the First World War was buried yesterday in France.

The remains of Private Alexander Johnston, of Hamilton, were discovered in France in 2008, but were only identified in March thanks to DNA testing.

The Defence Department says Johnston — a member of the 78th Battalion (Winnipeg Grenadiers) — was killed during battle in Raillencourt Saint-Olle.

He died on Sept. 29, 1918 — less than two months before the armistice.

Johnston's relatives attended the burial with full military honours.
THE CANADIAN PRESS

Coke pledging millions to protect polar bears

Coca-Cola is changing its iconic can — and pledging millions of dollars — to help scientists plan how other icons such as polar bears can survive in Canada's melting Arctic.

Coca-Cola and the World Wildlife Fund have announced a project called Arctic Home, to which the global corporate giant has committed $2 million over five years, with another million promised to match donations from the public. The money is to fund research programs in the High Arctic related to habitat and wildlife survival, particularly with regard to polar bears.

Arctic experts say it's vital work that governments aren't doing as they increasingly focus on research directly related to development.

Some of the money is to pay for ground-level conservation, such as migration research or polar bear fences in communities that have lots of nearby bears.

An indication of how seriously the company takes the campaign is that Coke cans in Canada and the United States will change starting Nov. 1 until Jan. 15 from the well-known red to white.

The only other time Coke has changed the colour of its Canadian cans was during the last Olympics.

The public will be able to participate in the campaign by making donations to Arctic Home through the company's website, iCoke.ca.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 52.54 (12,109.75)	- 1.29¢ (98.4¢ US)
Oil	**Natural gas**
+ $1.90 US ($93.17 US)	$3.663 (+ 6¢)
	Gold
	$1700.40 (+ $48.10)

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Advertisement

Enjoy the benefits of paying yourself first

Experience the freedom of having a 'just-in-case' fund

Maria Contreras
RBC Royal Bank Product Manager, Savings Accounts

Many of us put off saving because we associate it with sacrifice. But regular saving can actually be a uniquely satisfying experience. Paying ourselves first, to have money to buy things we really need or want, means we enjoy those things all the more.

In the past I've written about establishing savings goals: setting money aside for a specific item you want to buy at a specific time. Goals are great because they help us stick to a plan. So for those of us who don't have a specific purchase in mind, establishing a 'just-in-case' fund will provide the same satisfaction and end result. Your goal doesn't have to be a specific item; setting a specific dollar amount and timeframe will ensure you've got cash on hand when something unexpected pops up. And if that just happens to be a last-minute vacation versus a car repair, then even better!

4 SIMPLE STEPS

1. Analyze your spending and make saving a priority
2. Open a dedicated savings account
3. Pay yourself first: set up an automatic payday transfer of $25
4. Watch your savings grow!

And good news! Whether your goal is a specific item, a dollar amount, or just the peace of mind of knowing there's money in the bank when you need it, saving really can be easy.

A little bit really does go a long way

If you don't think you're in a position to save, consider how putting away even the smallest amount on a regular basis can add up quickly. Again, pay yourself first! For example, saving just $25 a week adds up to $1,300 a year. That's a nice chunk of change to have on hand should you suddenly decide you need a holiday or find the latest gadget calling your name!

Getting Started

Remember that saving is not about sacrifice. It's about prioritizing. Start by taking a look at your previous bank statements to see where you're spending your money. Ask yourself where you could easily trim and decide on an amount to reallocate for saving. Maybe you're prone to impulse purchases, or maybe you're regularly spending money on something you wouldn't particularly miss. Making a few changes to my discretionary spending habits has really helped grow my just-in-case fund and I've actually come to enjoy saving.

Make it easy for yourself

Here's the first secret to paying yourself first: open a dedicated savings account, then schedule automatic payments. Many people find setting up a payday transfer easiest because they don't notice the money leaving their account. This way, saving becomes a habit and you don't think about it. And every payday, your balance grows and grows.

Before long, you'll have saved a nice nest egg without feeling like you've sacrificed anything – satisfaction guaranteed.

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A little bit of saving goes a long way.

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WARD OFF THE COMMON SURVEY

JUST SAYIN' ...

PAUL SULLIVAN
METRO

It's confirmed.

The world is a dirty, messy, germ-infested place.

A survey released yesterday by the Kleenex people (who else?) measures the extent of the contamination.

It's everywhere: 71 per cent of gas pump handles, 43 per cent of escalator rails, 41 per cent of ATM buttons and 40 per cent of parking meters and kiosks are contaminated with disease-causing germs.

Put that together with an earlier survey that as many as one-third of the male population fails to wash its collective hands after going to the bathroom, and you may never touch another doorknob again.

Of course, there are always people who claim a little dirt won't hurt you, but in this era of work 24-7 (and like it), who can afford the downtime that comes with colds and the flu?

"There are, on average, 229,000 germs per square inch on faucet handles that see frequent use. The world is a petri dish and you're the lab rat."

You could get a flu shot, but there is no cure for the common cold, which appears to be even more common than we thought.

You could become germ-o-phobic and wear rubber gloves and a surgical mask and use anti-bacterial wipes, but you're fighting a losing battle. There are, on average, 229,000 germs per square inch on faucet handles that see frequent use. The world is a Petri dish and you're the lab rat.

And please cough into the crux of your elbow.

Surveys like the one from Kleenex are big news at the Handwashing for Life Institute in Libertyville, Ill. I am not making this up. Its motto is "Overcoming underwashing" and it is deadly serious about fighting germs.

But the net effect of all the helpful advice on handwashingforlife.com is that it's way too hard, especially if you have a short attention span, and pointless if you have to go now and you've got no time to worry about the relative cleanness of the washroom.

You could spend every minute of your brief existence fighting off germs and you could still get run over by a bus. You have a one-in-246 chance of dying by falling down. There's even a one-in-200,000 risk of being crushed by an asteroid.

It's important to realize that germs reach their peak every weekend, at least as far as calling in sick is concerned.

Of course there's a survey on that, too. A British survey (have these people nothing else to do?), to be precise, indicating that more than one-third of sick calls happen on Monday.

So, even though there are just as many germs per square inch on every other day of the week, Monday is particularly hazardous to your health.

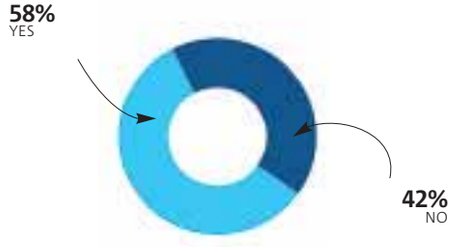
You didn't need a survey to tell you that, did you?

Read more of Paul Sullivan's columns at metronews.ca/justsaying

Metro Panel

Register at metropolitanpanel.ca and take the quick poll

Are you part of the 99%?



Local tweets

@ehjay13: It's been 3000 hours since I left Winnipeg. Weird.

@DJChapko: Boo at the zoo tonight! Perfect weather for it. Watch for the little witch wearing a black and orange costume. #winnipeg @assiniboine-zoo

@bonniepaedia: So is @WilliamShatner getting a key to the city? Gene Simmons did! Captain Kirk deserves one, too. #Winnipeg

@stephbriggsuk: @jovan- every LOL! The Winnipeg Goldeyes are a fish-themed team. If they lose, you can say, "So long and thanks for all the fish!" #fun

@MaryKate_xo: So, Justin and Selena adopted a dog in Winnipeg and named it Baylor :p SO random.

@city_not: Found out today that singing "Halloween Apples" instead of "trick or treat" is a winnipeg thing.

@BuckyHermit: Winnipeg will get some snow later this week. I bet you those former Thrashers players are getting less excited about playing there now.

Letters

GUN REGISTRY. When Canada's current regime of gun control legislation was drafted, the law-abiding gun owners in this nation rallied against it. The government of the day pushed the bill through in spite of many flaws, some of which contradict the Charter of Rights and Freedoms; going as far as to subject legal gun owners to illegal search and seizure and suspension of the right to remain silent during investigation.

Well, now the landscape has changed. It is clear that Canadians no longer want to see Ottawa waste precious resources on legislation that targets law-abiding citizens and leaves criminals to their misdeeds.

The current government has decided that it is not the law-abiding gun owners of this country that need to have their freedoms curtailed, but the lawless, the organized gangs. It is with this vision that we hope there are less victims for the victim's advocates to mourn, less criminal acts with firearms for the Coalition for Gun Control to rail against, more resources for mental health and more money for policing.

MR. KEVIN ORDOWICZ
SAINT-HUBERT, QUE.

photo of the day

▶ This photo, titled Un Soleil au Féminin, was submitted to the Variety category by Onimbola Tsikimamy from Quebec.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

It's a dog-eat-dog world

Dressed as protesters, complete with toy megaphone, Mitch Robinson and his wife unrolled a sleeping bag and "occupied" their friends' Halloween party. Unlike the real-life Occupy Wall Street demonstrators, they had a list of demands for their hosts.

Among them: Equal time on the karaoke machine, more meat on the grill and extra alcohol in the drinks.

So went the party in Tacoma, Wash., last Saturday night.

Among the self-proclaimed 99 per cent, the anti-Wall Street protests that began in New York and spread across globe are inspiring lots of costume ideas.

JIM D'ANGELO/THE ASSOCIATED PRESS

▶ Morgan Stanley represents the 1%.

"We're ready to go," said Kris Ruby in Greenwich, Conn. She is dressing her seven-year-old golden retriever, Morgan Stanley, as a one-percenter in business suit, red tie and tweed hat.

THE ASSOCIATED PRESS

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Running out of time

Justin Timberlake talks about fast living, boyhood fantasies and his latest film In Time

NED EHRBAR
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METRO WORLD NEWS IN LOS ANGELES

ISTOCK PHOTOS

▶ Justin Timberlake tackles the issue of aging and wealth in his new film In Time.

Playing the hero in In Time — a sci-fi adventure set in a world where people stop aging at 25 and have to earn time to stay alive — has given Justin Timberlake a lot of chances to think about time, including being stuck with a certain look.

"I look back as a lot of my younger years have been documented and I can honestly say that I would not like to revisit," says the musician-turned-actor.

Of course he says that now, at age 30 — and playing a convincing 25 on screen. Maybe he'll change his tune after another 10 or 20 years.

But for now, movies like In Time are helping keep him young, especially considering all the action involved.

"On top of being a really rich story filled with lots of things, I got to live out a lot of boyhood fantasies in this movie — shooting guns and getting to learn how to stunt-drive," he says, grinning.

Given the time-sensitive nature of the film, there was of course lots of running involved — which was fine for Timberlake, but not so much his co-star, Amanda Seyfried, who did most of the chases in high heels.

"We debated actually in the middle of a scene her taking the heels off and just running without them, but she would have gotten lost in the frame," he says.

One pitfall of a high-concept action thriller can be overly expositional, and that was something Timberlake was keen to watch out for, going so far as to consult Andrew Niccol, the film's producer, about paring down the script.

Saves more time for the running, shooting and driving, at least.

Movement

The OWS connection.

▶ **Elite** A major theme of In Time is taking on an elite that controls all the resources in society — something that coincidentally finds great resonance with the current Occupy Wall Street movement as the film hits theatres. Of course it was shot before the movement kicked off.

2 scene

Jobs

Rockers the Flaming Lips will honour the late Apple co-founder Steve Jobs by performing a cover of the Beatles' Revolution at the O Music Awards 2 on Oct. 31.
THE ASSOCIATED PRESS

Savannah, Ga., tries to clean up square featured in the film Forrest Gump

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THE KARDASHIANS: COMING SOON TO A BATHROOM NEAR YOU

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

Is there no end to the Kardashian empire?

The reality-TV-family-turned-moguls have filed documents with the U.S. Patent and Trademark Office to use the name Kardashian Kollection Home on an upcoming product line.

TMZ.com reports that the Kardashians "plan to use the trademark on everything from bath mats, to hand towels, pillow covers, sheets, golf towels, football towels, linens, candlesticks and even beer mugs."

There's no word if Kardashian Kollection Home will be sold exclusively at Sears, where they currently sell their Kardashian Kollection (does anyone else read that and think: 'Krap'?) of clothes, handbags, shoes, belts, jewelry, hosiery, and sunglasses.

But if they think they're going to expand and encroach on Martha Stewart's Home goods empire, they've probably got another thing coming.

If anyone knows how to fashion a homemade shiv to ward off threats to her business, it's Martha Stewart.

▶ The Kardashian sisters

Lilo to pose for Playboy

Troubled star struck lucrative deal with magazine, says TMZ

Lindsay Lohan will reportedly pose nude for Playboy after striking a deal with the adult magazine, according to TMZ.

The magazine is said to have initially offered the troubled actress $750,000, which she turned down, but she agreed when they came back with a figure closer to her $1 million asking price. And work is apparently already underway for the issue, as Lohan is said to have done her first revealing photo shoot over the weekend. "I can neither confirm or deny at this time," her rep says.

METRO ALL PHOTOS GETTY IMAGES

▶ Lindsay Lohan

Loveable. Muppet

▶ Kermit the Frog greets Metro's Navita Persaud and Natalie Riznek yesterday at Metro's Toronto headquarters.

DAVID VAN DYKE/METRO

Kermit pops by to say hi

The famous friendly amphibian stopped by the office while in town to promote his new film, The Muppets, which opens in theatres Canada-wide on Nov. 23.

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Growing Avatar Grove

Port Renfrew, B.C., is leaning on Hollywood blockbuster for environmental tourism boom

PHOTOS: JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Ken Wu of the Ancient Forest Alliance looks at Canada's 'gnarliest' tree in Avatar Grove near Port Renfrew, B.C.

Pink ribbons knotted to tree branches at the side of a gravel logging road mark the entry to an amazing earthly experience.

The air is cool, damp and even smells green. Look up and there is no blue sky, just scraggy branches and the tops of 60-metre-high trees, which allow sunlight to hit the mossy ground only in broken beams of light.

This is Avatar Grove, a 50-hectare piece of untouched old-growth forest, about 110 kilometres northwest of Victoria, B.C.

Natural-born enemies; environmentalists, business leaders and politicians, are joining hands to protect it from logging and create a nature-lover's paradise.

It's as if the happy-ending script is writing itself at Avatar Grove — a sequel of sorts to the Hollywood blockbuster, unfolding in the few remaining dark, moody and ancient big-tree forests on southern Vancouver Island.

"When we came across the area, it was at the same time the movie Avatar was released," said Ken Wu, co-founder of the Victoria-based Ancient Forest Alliance.

"Avatar was about saving old-growth forests, albeit on an alien moon.

"We wanted people to make the connection that here on earth we have real spectacular old growth (forests) that are endangered and that need protecting," he said, standing near a huge cedar marked in spray paint with the number five, signifying that it once faced a chainsaw death.

Wu said choosing the name Avatar Grove, courting the business community in nearby struggling Port Renfrew and getting the ear of the B.C. government has sparked a groundswell to declare the rugged coastal area the Big Trees Capital of Canada.

The Ancient Forest Alliance spent the summer taking busloads of tourists into Avatar Grove to see the mysterious forest, especially the alien-shaped western red cedar, nicknamed Canada's gnarliest tree for is Volkswagen-sized burl.

"Port Renfrew really is the biggest trees capital of Canada," said Wu.

"The fact is the largest Douglas fir tree on earth is near town. The biggest spruce tree in Canada is also near town. The biggest tree in Canada, the Cheewaht cedar, is also north of town.

"And we've got the gnarliest tree at the Avatar Grove," he said.

Rosie Betsworth, Port Renfrew's Chamber of Commerce president, agrees with Wu and the Ancient Forest Alliance that the big trees are something to see.

It's also offering a tourism boost to the community that, until recently, considered logging and fishing its lifeblood.

"The majority (here) can see the value of tourism dollars," she said.

Steve Thomson, B.C.'s minister of Forests, Lands and Natural Resources, said the government halted planned logging of Avatar Grove and is awaiting the results of a public consultation process on the area's future.

But he suggested it already appears logging is no longer a viable option.

"The province has published its intent to adjust the old-growth management area to protect that grove," he said.

THE CANADIAN PRESS

If you go...

Currently, there are no official scheduled tours into Avatar Grove, but visit the Ancient Forest Alliance website at ancientforestalliance.org for a map of the area's big tree sites. The alliance also will take visitors into Avatar Grove or can provide travellers with a detailed and easy-to-follow map that they can use to guide themselves.

3 life

Travel in brief

Fans of MTV's Jersey Shore can get a first-hand look at the gym-tan-laundry lifestyle by renting the house where the reality series is taped.
Just bring $2,500 a night and your own drama. Renters to the home in Seaside Heights have access to the duck phone and the double bed in the Smush Room. But they won't find the usual mess because the landlord cleaned the place.

THE ASSOCIATED PRESS

Key West's decadent Fantasy Fest begins with street parties, masquerade balls

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A culinary toast to Diwali

NEWS CANADA

▶ This recipe serves four.

Today marks Diwali, a five day "festival of lights" and one of the biggest celebrations in India among Hindus.

Food plays an important role in the Diwali celebration. It is customary to exchange sweets and savoury dishes with friends and neighbours.

Instead of turning to traditional weeknight mainstays — spaghetti and meatball Mondays and taco Tuesdays — treat your family with a risk-free, Diwali-inspired meal like this tomato and chickpea vindaloo.

Ready in less than 15 minutes, this meal is the perfect dish for busy weeknights when it is a race against the clock to get dinner on the table.

Bursting with Indian-inspired flavours, this dish is sure to add some spice to your dinner table.

Ingredients:

- PAM Original Cooking Spray
- 2 pints grape tomatoes, sliced in half lengthwise
- 1 can chick peas (about 540 mL), drained
- 1 bottle VH Vindaloo Cooking Sauce
- 1/3 cup (80 mL) fresh cilantro, coarsely chopped
- 1/3 cup (80 mL) green onions, finely sliced
- 1/4 cup (60 mL) pumpkin seeds (optional)

Preparation:

1. Spray pot with PAM Cooking Spray.
2. Heat tomatoes over medium-high heat, cook until tender (10 mins).
3. Add VH Vindaloo Cooking Sauce, chick peas and half a cup (125 mL) water, cover and simmer three minutes.
4. Stir in cilantro, green onions and pumpkin seeds, warm through and serve over rice.

NEWS CANADA/VHSAUCES.CA

Drink of the week

Blood Sipper

- 250 ml (1 cup) each fresh or frozen strawberries, raspberries and cranberries
- 250 ml (1 cup) pomegranate juice
- 1 bottle (750 ml) vodka

In blender, combine ingredients. Pulse to just chop fruit. Refrigerate for an hour or up to several days. Pour vodka and fruit mix through mesh strainer. Press solids to extract as much liquid as possible, then discard solids. The infused vodka can be sipped straight, chilled or cut with apple cider or ginger ale

THE ASSOCIATED PRESS/ AP FOOD EDITOR J.M. HIRSCH

Boats of yum

Nutritious Beef and Almond Stuffed Zucchini Boats

THE CANADIAN PRESS H/O

▶ This recipe serves four.

Preparation:

1. Heat oven (190 C). Cook bulgur according to package; set aside. Cut zucchini in half lengthwise; scoop seeds.
2. In skillet over medium-high, heat oil. Add onion and cook, stir, until soft and translucent, about 3 mins. Add garlic and cook for 1 min.
3. Add beef and cook, breaking up with wooden spoon, until it is nearly browned, about 3 mins. Stir in cumin, coriander, cinnamon, red pepper flakes and 2 ml (1/2 tsp) of salt and cook 1 min. Add cooked bulgur, raisin, tomatoes; cook for another 3 mins. Remove from heat and stir in toasted almonds and parsley.
4. Combine reserved tomato juice, tomato sauce and remaining 2 ml (1/2 tsp) salt in a 3 L (13-x 9-inch) baking dish. Place zucchini boats in dish, cut side up, on top of sauce and fill each with beef mixture. Cover with foil bake for 30 mins. Remove foil and bake for 10 mins. until zucchini is cooked through but still slightly firm.

EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)/ ALMOND BOARD OF CALIFORNIA/ THE CANADIAN PRESS

Ingredients:

- 50 ml (1/4 cup) bulgur wheat (uncooked)
- 4 zucchini
- 75 ml (1/3 cup) slivered almonds (toasted, chopped)
- 15 ml (1 tbsp) olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 250 g (1/2 lb) extra-lean ground beef
- 7 ml (1 1/2 tsp) ground cumin
- 5 ml (1 tsp) ground coriander
- 2 ml (1/2 tsp) cinnamon
- 1 ml (1/4 tsp) red pepper flakes
- 5 ml (1 tsp) salt
- 1 can (398 ml/14 oz) diced tomatoes, strained, juice reserved
- 45 ml (3 tbsp) raisins
- 50 ml (1/4 cup) chopped fresh parsley
- 125 ml (1/2 cup) tomato sauce

You can find him in the club...

STUDENT VOICE

BRENDAN STEVEN
TALENTEGG.CA

LASIA KRETZEL

▶ Brendan Steven feels it's important for schools to encourage students to participate in extra-curricular activities.

I have always been one of those people who, for better or worse, likes to bite off more than I can chew. So when I came to McGill, where I am now in my third year of a degree in political science, I raced out to find any extracurricular activity I could.

One such club was the McGill Tribune, one of two student newspapers here on the McGill campus. I had a little bit of writing experience from my days in high school, and applied for a volunteer position as an opinion columnist.

They gave me the job and I never looked back. I realized that there was a lack of representation of Conservative students on campus, so six months later, a friend and I founded The Prince Arthur Herald (princearthurherald.com), Canada's only conservative student newspaper. Within a few short months, we expanded our operation to a multitude of campuses and created Canada's only national student newspaper. I now co-manage a team upwards of 70 volunteers from across the country.

It's become very clear that simply getting a degree is not enough in the modern job market. This is especially true of students like me, who are getting Arts degrees that lack marketable skills for niche lines of work.

The importance of doing extracurricular activities, whether it is an internship, a part-time job, or volunteering, is now vital for students seeking jobs after they graduate.

I find schools to have an unrealistic perspective on this issue. Many do not actively encourage their students to explore the opportunities that are available to them outside of the classroom.

As an institution with a responsibility to their students, school should take a more active role in encouraging students to go beyond academics. They should also be more pro-active in helping to place students with volunteer positions of interest to their careers.

TALENTEGG.CA, CANADA'S ONLINE CAREER RESOURCE FOR STUDENTS AND RECENT GRADS, WANTS TO HEAR YOUR STUDENT VOICE. SHARE IT AT TALENTEGG.CA.

What I learned

Key take-aways from Brendan's experience.

- Evaluate your interests and skills to find something you are passionate about on campus.
- If there's a niche for a new campus club, don't be afraid to start it: employers will value your entrepreneurship.

Where Brendan is now

I am currently completing my studies at McGill University while simultaneously staying heavily involved in areas I am interested in. I am currently the executive editor of The Prince Arthur Herald and the chief content officer for Prince Arthur Herald Ltd. I also work as a featured columnist for the National Citizen's Coalition and a senior campus fellow with the Canadian Jewish Political Affairs Committee (CJPAC).

DIG A BIT DEEPER

Company's failure to investigate allegations cost it case

WORKPLACE LAW

DANIEL LUBLIN
DAN@CANADAEMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

ISTOCK

▶ Even those that rule with iron fists deserve to defend themselves.

Having just been advised of the less than impressive results of an "employee satisfaction survey" at the National Bank's branch in Vaughan, On., Adrian Chandran, the senior manager at the branch, was in shock.

To Chandran's dismay, many of his subordinates accused him of making condescending remarks, embarrassing others and behaving like a bully. Some claimed they contemplated seeking legal advice. Chandran asked for the specifics of those complaints so that he could defend himself, but his request was denied.

Convinced that Chandran's supervisory duties should be taken away from him because of the complaints, the bank gave him the option of choosing between two available non-supervisory roles. Both alternative positions were at lower grade levels, although Chandran's salary would not initially change. He was then warned that behaviour similar to that which led to the employee complaints would be grounds to terminate him for cause.

Chandran argued that either of the two alternative positions offered to him were tantamount to a demotion and that, based on the bank's decision to discipline without first allowing him to defend himself, he had lost all trust in the bank. Chandran felt that he was entitled to leave but still entitled to severance.

At a recent trial, the court sided with Chandran. It concluded that one of the distinguishing features of this case was the bank's decision to impose discipline against Chandran without a proper investigation. Although Chandran may have engaged in the conduct that he was accused of, the bank's failure to properly investigate effectively prevented it from relying on that conduct at trial. This fact, coupled with Chandran's perceived demotion, justified his resignation with pay. Chandran was awarded severance and his legal costs.

The human resources lessons are clear: employers should pause before blindly accepting allegations of harassment and bullying at work. As harassment is often in the eyes of the beholder, even the workplace bully should have a full and frank opportunity to defend himself. To do otherwise flirts with a significant lawsuit.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN LLP.

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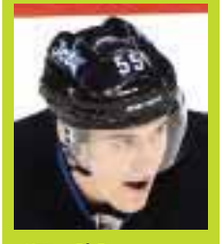
Quoted



"He did great up there, and he took it right until the end, but we're obviously excited to have him back. He'll be a big boost to our lineup, that's for sure."

BARRIE COLTS HEAD COACH DALE HAWERCHUK, A FORMER WINNIPEG JET, ON MARK SCHEIFELE, PICTURED. THE JETS' 2011 FIRST-ROUND PICK, SCHEIFELE WAS RETURNED TO THE OHL TEAM ON SUNDAY FOR FURTHER SEASONING AFTER A BRIEF STINT IN THE NHL WITH WINNIPEG.

Pressure in crease for Pavelec

THE HOCKEY NEWS

RORY BOYLEN
WINNIPEG@METRONEWS.CA

Is it officially time to start worrying about goaltending for the Jets?

I'm not one to get riled up over early-season performances and six games is such a small sample size of the overall product. But at some point slow starts become trends, and with the rate Ondrej Pavelec has been letting in goals, netminding might soon become an area of concern for the Jets management team.

"Now we're in reality mode and the Jets have to start winning or else their first playoff push will be over before it even begins."

At 24, Pavelec still has a lot of growing to do as an NHLer and is far too young to write off as a bust. Still, his situation as the No. 1 goalie in Winnipeg is worth keeping an eye on.

Pavelec has allowed fewer than three goals in only two of his six appearances. Only once has he faced more than 30 shots in a game. Heck, he allowed a season-high five goals on 22 shots against a dismal, Montreal offence. That in itself is something to worry about.

Coming into the season, the knock on the Czech goalie was his lack of consistency, a characteristic that has doomed many would be NHL stoppers. One year he had a 3.29 GAA and the next he had a 2.73 mark. But even while Kari Lehtonen was in Atlanta and Pavelec was his backup, it was Pavelec who folks were excited about.

At first his lacklustre play in Winnipeg was almost understandable. Like the rest of the team, there was a kind of honeymoon period for the Jets where everyone was just happy they were back and the early losses didn't really matter.

But now we're in reality mode and the Jets have to start winning or else their first playoff push will be over before it even begins. At some point this team has to start constructing its own identity and move away from the old Atlanta guard.

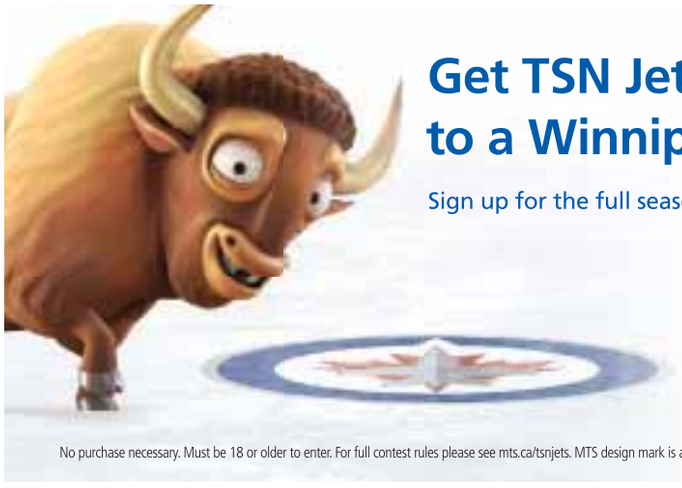
When that time comes, who do you think will be the first to go? Bryan Little, Evander Kane or Alex Burmistrov? Dustin Byfuglien or Zach Bogosian?

Or would it be best to look for an upgrade of your unproven and inconsistent goalie to get your team to the playoffs?

To me, the situation is pretty clear: Ondrej Pavelec has to start showing some game soon.

MARIANNE HELM/GETTY IMAGES

▶ Ondrej Pavelec skates off after being pulled in favour of Chris Mason last Saturday.



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▶ This is a particularly fetching combination of colour, hardtop-roof option and Rubicon off-roading. Sold.

Jeep Wrangler gets a heart transplant

MALCOLM GUNN
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

The Wrangler's ancestry dates back more than 70 years, but being on the receiving end of a series of recent improvements has kept this Jeep as up-to-date as ever.

Loyalty to Chrysler's iconic Jeep brand knows no bounds, especially the Wrangler, which some aficionados consider the only true Jeep. And despite the passage of time, it has maintained an unyielding grip on its now-classic design. In short, the Wrangler is the ultimate retro vehicle with unabashed bragging rights to history and heritage.

Jeep's current Fiat minders have managed to tread carefully without messing with Wrangler tradition.

However, for the 2011 model year they introduced a kinder, gentler (on the posterior) interior, with better-quality materials for the updated dashboard, seats and door trim as well as the addition of climate control, heated seats and outside mirrors to the options list. Those changes were clearly well received as Wrangler sales have remained as robust as ever.

BASE PRICE: $23,500

For the 2012 model year, the Wrangler is on the receiving end of a much-needed heart transplant — in the form of its engine.

Tossed aside is the 3.8-litre V-6 rated at 202 horsepower and 237 pound-feet of torque. That engine had been the off-roader's go-to motivation since the 2007 model year.

In its place is Chrysler's recently developed Pentastar V-6 rated at 285 horsepower and 260 pound-feet of torque. That translates into a horsepower improvement of more than 40 per cent, along with a corresponding 10-per-cent gain in peak torque.

It's this more powerful engine, and attendant fuel-economy improvements that represent the key enhancements, and ones that both serious, crater-crawling Jeep fanatics and first-timers will readily appreciate.

5 drive

By comparison

Toyota FJ Cruiser
Base price: $34,500
A genuine off-roader that recalls FJs of old. Plenty of style and interior space.

Nissan Xterra
Base price: $35,800
Extra-tough truck-based sport ute. built for fun and off-road adventure.

Land Rover LR2
Base price: $46,300
British-built SUV brings a touch of class, but is a bit of a fuel guzzler.
WHEELBASE MEDIA

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Dynamics and performance define Porsche's SUV

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

The Porsche Cayenne is an off-road capable 4x4 built by a brand famous for world-class, high-performance coupes.

Family-ready and capable of confident year-round operation on any road, shoppers after a premium SUV will find plenty of selection in the used Cayenne marketplace.

Look for the five-seater with goodies like navigation, a sunroof, premium audio, Bluetooth, heated leather seats, air-adjustable suspension and a full suite of safety features, too.

2003 to 2010 Porsche Cayenne

Engine

Depending on the model in question, Cayenne was available with anything from a 3.2-litre, 247-horsepower V-6 to a 550-horsepower, twin-turbocharged V-8 engine.

What owners like

Owners typically rave about a blend off-road capability and on-road comfort backed by plenty of performance. Brakes, handling and power output were highly rated on virtually all models, too. Spaciousness, flexibility, interior quality and all-weather confidence round out the equation.

What owners dislike

Typical complaints centre around gas mileage, which is typical of virtually any SUV model. Others include a smaller-than-expected back seat, expensive options, controversial styling and limited rearward visibility.

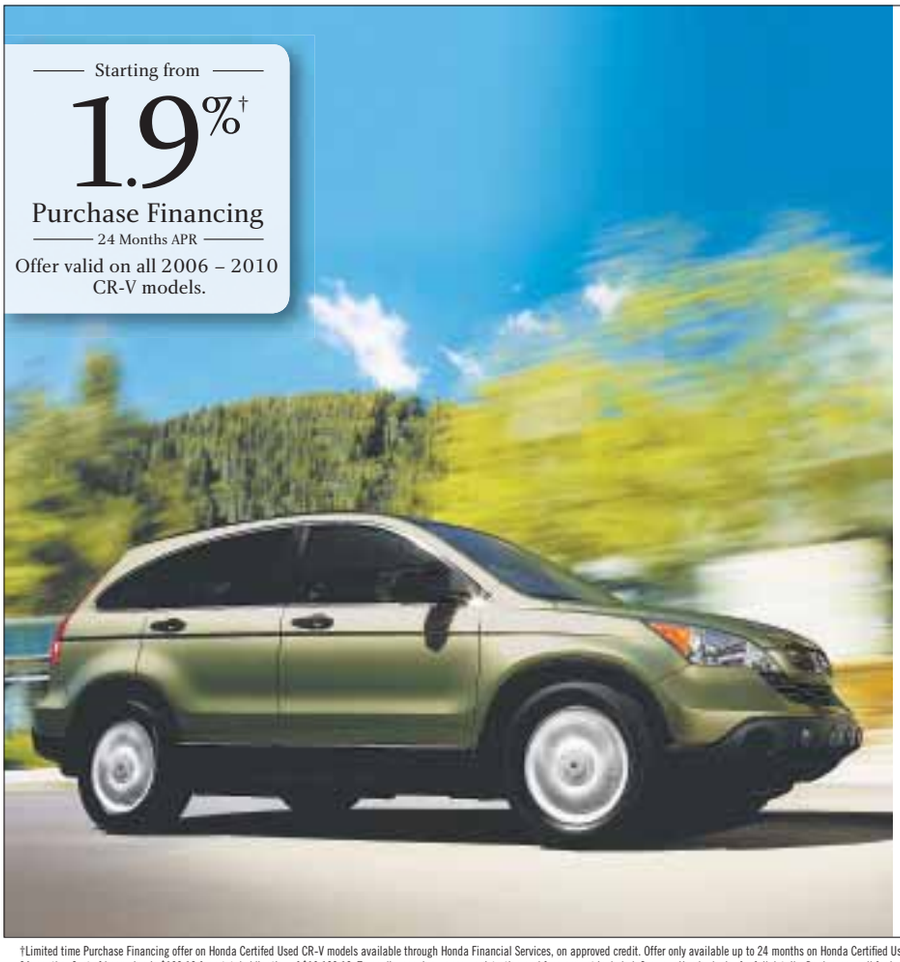
Common issues

Start your test-drive with an exhaustive check of every component and accessory that runs on electricity. Pay extra close attention to the stereo, power seats, navigation system, instrument cluster and all lights.

Poor, lumpy or hesitant acceleration on any model could be caused by faulty ignition coil packs, and the engine compartment and underside should be checked for signs of a fairly common coolant leak.

Verdict

Low maintenance and purchase costs aren't the key draws to the Porsche Cayenne. Shop carefully, protect yourself with extended warranty coverage where available — then patiently search out the model that's perfect for your needs.



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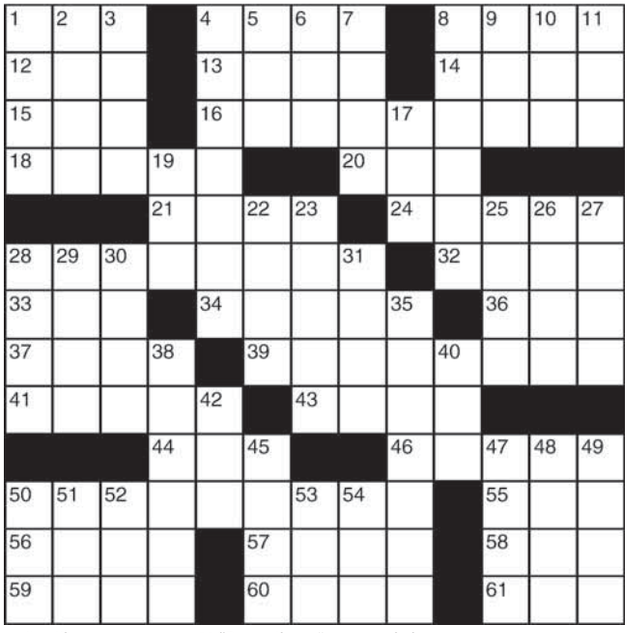
Crossword



Across

1 1980s TV alien
4 Vegan's no-no
8 Kane's Rosebud, e.g.
12 Singer David Allan —
13 Therefore
14 Head light?
15 — for tat
16 Disadvantages
18 Big glitch
20 Zero
21 "Handsome — handsome does"
24 Wanderer
28 Reductions
32 Marceau's specialty
33 Individual
34 Farm refrain?
36 Junior
37 Western state
39 Reversals
41 On top of the world?
43 Ballet frill
44 Court
46 Emperor's proclamation
50 Rebates of a sort
55 Triumphed
56 Actress Falco
57 Gratis
58 Informal Valentine word
59 Bleak, as literature
60 Fly high
61 Agent

Down

1 Gospels follower
2 Pork cut
3 Greek cheese
4 Jellyfish
5 Blunder
6 — Khan
7 Burg
8 Mideastern greeting
9 Fond du —, WI
10 Wapiti
11 Two, in Tijuana
17 Crib
19 White lie
22 Galatea's love
23 Form of trapshooting
25 Uncategorized (Abbr.)
26 Out of control
27 Lairs
28 Masterstroke
29 "Do — others..."
30 Blue hue
31 In — (as found)
35 Less quick-witted
38 Merchant
40 Diving bird
42 Steal from
45 Lummoxes
47 Piercing tools
48 First course, often
49 Green-eyed monster
50 Barbie's companion
51 Bachelor's last utterance
52 XVII sextupled
53 — -Magnon
54 One of the Maunas

▶ Yesterday's answer

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Susan, I love you with all my heart and soul. You mean so much to me. Lots of hugs and a kiss. **PAUL**

BabyDoll, Its been almost 3 months and I still miss you with all of my heart. I go to bed, and wake up with you on my mind. Hope you are thinking of me too. You will always be with me, wherever I go. Still remembering those awesome times. Sauble Beach, our last trip... I will always love you! **AL**

Jason Stevenson, Nothing hurts more than realizing he meant everything to you, but you meant nothing to him. Or maybe I've been thinking about how to say goodbye to you all week. I'm so confused. I want to let go of all this pain, but I'm afraid I'll go insane. I want to let go..I'm going to let go, but if I wait and see, will he come back to me? **YOUR SECRET GIRL!!!**

A look at the weather

TODAY	THURSDAY	FRIDAY
Min -3°	Min -2°	Min -3°
Max 8°	Max 8°	Max 8°

BT BREAKFAST TELEVISION

Jenna Khan, Weather Specialist

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Today's new moon will force you to face a situation you've been trying to ignore. It's important you do.

♉ Taurus April 21-May 21 Even if you are the kind of Taurus who rarely gets emotional, you must let it all out. Scream if you have to.

♊ Gemini May 22-June 21 If you want to enjoy a healthier lifestyle, now is the time to start.

♋ Cancer June 22-July 22 The new moon falls in the most creative area of your chart, making this one of the best days of the year for getting things done.

♌ Leo July 23-Aug.23 You can be rather sensitive, but as of today you will feel more positive about what kind of person you are.

♍ Virgo Aug. 24- Sept. 22 You will have no difficulty today letting others know what you think and how you feel. But don't go too far.

♎ Libra Sept. 23-Oct. 23 Today's new moon indicates that recent efforts and sacrifices have not been in vain. There's much to gain.

♏ Scorpio Oct. 24-Nov. 22 With the new moon in your sign, if you focus energy in one direction you'll achieve something remarkable.

♐ Sagittarius Nov. 23-Dec. 21 You need to overcome a fear that has been holding you back.

♑ Capricorn Dec. 22-Jan. 20 Someone you meet will become a good friend and a colleague on a project close to your heart.

♒ Aquarius Jan. 21-Feb. 18 Today's new moon indicates that if you have a plan and make a serious effort to follow it, there's nothing you can't accomplish.

♓ Pisces Feb. 19-March 20. The new moon in Scorpio will endow you with confidence and no end of good cheer. **SALLY BROMPTON**

Caption contest

ARNULFO FRANCO/THE ASSOCIATED PRESS

NATHAN DENETTE/ THE CANADIAN PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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metrophotochallenge.com
metro

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*Model shown is a 2011 Forester 2.5X 5MT (BJ1 XO) with MSRP of $28,035 including freight & PDI ($1,525), documentation fees ($395) and air and tire levies ($122.50). **0.5% Lease and Finance APR valid on new 2011 Forester 2.5X 5MT (BJ1 XO) models for a 24 month term. Financing and leasing programs available through Toyota Credit Canada Inc. on approved credit. Dealers may sell for less. **Offer valid until October 31, 2011. ▲Ratings of "Good" are the highest rating awarded for 40-mph frontal offset, 31-mph side-impact and 20-mph rear-impact crash tests conducted by the Insurance Institute for Highway Safety (IIHS) (www.iihs.org). A "Good" rating obtained in all three crash tests plus a "Good" rating in new roof strength testing and the availability of Electronic Stability Control (ESC) (Vehicle Dynamics Control) achieves a 2011 Top Safety Pick. ◆Based on ALG's 2011 Residual Value Award for any mainstream brand.